

Milady's Boudoir

(BY GWEN SEARS.)

Drink Quantities of Water and Eat Fresh Fruit to Put on Flesh—Lay the Child on Both Sides of Head Alternately So Face Will Be Symmetrical—Everyday Etiquette—Crepe de Chine Still Popular for Blouses—Flesh Pink Extensively Worn—For the Cook—Plain Woodwork in Kitchen.



Gwen Sears.

WATER AND FRUIT.

Few women realize the benefit of drinking quantities of water and eating fresh fruit. A glass of hot water with a dash of lemon is splendid for reducing weight, while clear, cold water, taken in large quantities, will put on flesh if one is thin.

Water, besides nourishing the body, also acts as a stimulant, but without that depressing reaction which accompanies the use of the alcoholic drinks. When we drink a glass of water it slightly raises the pulsation of the heart, which circulates the blood more freely and causes a healthy, exhilarating effect upon the whole body.

Pure, wholesome water may truly be looked upon as a medicine; it is a great purifier, an indispensable aid to digestion and a laxative if taken early in the morning fasting. Hot water substituted for tea, coffee and all other drinks, especially a glass of it drunk at the end of each meal, forms a wonderful remedy for indigestion. Indigestion is a great enemy to youth and beauty.

Fresh whole milk is an excellent beverage for robust persons, as well as those in delicate health. It should always be drunk slowly in little sips of not more than one teaspoonful at a time, otherwise it forms into a large mass in the stomach and is difficult to digest.

To sweet, sour and buttermilk are credited many beautiful complexion. They are not only drunk as beverages, but liberal external applications are made daily.

Vegetables and fruits ought to form an important part in the diet, for it has been proven by experiments that to banish these from our tables would be to invite disease to our physical systems.

Most all vegetables are wholesome, but for certain ailments which the body is heir to there are vegetables and fruits that had better not be eaten. One usually discovers which ones do not agree with one and should discontinue eating same.

YOUR BOYS AND GIRLS.

If you are careful about how to lay the baby when sleeping you will not have any trouble with outstanding ears. Lay the child on both sides alternately and see that the ears are flat.

When they extend abnormally they can be improved by a slight operation and made to lie flat to the head. This will make them look smaller but the actual size of the ears cannot be changed.

I have seen children of 8 or 10 years whose faces are asymmetrical—that is larger on one side than the other—and physicians say this may have come from always sleeping on the one side. Later in life when the form

of the face is fixed the adult may form any sleeping habit he likes, but the baby should be trained to sleep on either side.

EVERY-DAY ETIQUETTE.

"Will you tell me how to use a finger bowl at a dinner?" Also please tell me whether I should fold the napkin or leave it unfolded when I leave the table?" requested Mildred.

"The lips of the fingers are dipped into the finger bowls when they are passed. Touch the lips with the wet fingers and dry both the lips and fingers lightly on the napkin. If it is a formal dinner leave the napkin unfolded upon rising from the table," directed her aunt.

SPRING BLOUSES.

When the word first came from Paris that the well dressed women were wearing blouses of chiffon, guilottes, trimmings, and usually in sand, putty and beige colors, there was perturbation here because the majority of women were pinning their faith to satin.

Let us hope, however, that the satin ones have given their meed of satisfaction and value for money paid, and there is no need for new ones, so one can indulge in the pleasure of buying a new waist in chiffon cloth.

Naturally, the neutral colors, which go by the various names, made familiar this winter, such as putty, sand, beige, clay, biscuit, are foremost, but there is a fleshy pink, a tan and a rose that are leaping into popularity. They are far more suitable to the woman whose coloring is neutral than are the neutral shades.

Flesh pink is offered by all the people on whose judgment in blouses we depend. It not only comes in chiffon cloth, but in a new kind of silk that bears the name of the house of Callot. All these fabrics are guaranteed to wash and be ironed and no one can say that satin lent itself to this process, unless it was of that special weave made to go in the wash tub.

Crepe de chine is also offered in the first of the spring blouses. It washes well. The tone of flesh pink that obtains in chiffon cloth has also been caught in the crepe, and the utter simplicity of the design put the blouse in harmony with any kind of a tailor suit, a statement which cannot be made of all blouses.

What a chapter could be written on harmony between waists and suits. How little women really know about the accessories of the street suit, and how many mistakes are made that should be rectified by some kind of standard. That subject, however, is too broad to take up in the course of a little talk about new waists. It should be strongly treated in a dictionary of dress.

FOR THE COOK.

Pieces of stale bread may be saved for brown-betty pudding, queen pudding or bread muffins.

Don't throw the feet of chicken away, but clean them carefully and put them in the stock pot.

Baked beans will be better if they are parboiled before they are put into the pot for baking.

Don't forget that baked macaroni and cheese makes a very good dish for a winter night.

The water in which fresh tongue, mutton or chicken has been boiled may be used for soup or added to the stock pot.

PLAIN WOODWORK IN KITCHEN EASY TO KEEP CLEAN.

Fancy moldings and other such woodwork seems inappropriate for the kitchen and requires too much time to keep clean. A woman who was cleaning her kitchen, chair rails, door

and window casing, declared she had spent far more time on them than she would do in the future. She said that when she moved she expected to do, she would endeavor to find a house where the kitchen was finished with the plainest kind of woodwork.

This is an important point to remember when one is building a home. Fancy woodwork in the kitchen is something that the housewife is not likely to be pleased with. Unless the fancy moldings are kept clean, they are a detriment to the appearance of a room, and when in the kitchen they are more difficult to keep clean because of the grease, steam and smoke of the cooking.

FEEL YOUNG?

It's Dr. Edwards' Olive Tablets For You!

Beware of the habit of constipation. It develops from just a few constipated days, unless you take yourself in hand.

Coax the jaded bowel muscles back to normal action with Dr. Edwards' Olive Tablets, the substitute for calomel. Don't force them to unnatural action with severe medicines or by merely flushing out the intestines with nasty, sickening cathartics.

Dr. Edwards believes in gentleness, persistence and Nature's assistance.

Dr. Edwards' Olive Tablets open the bowels; their action is gentle, yet positive. There is never any pain or griping when Dr. Edwards' Olive Tablets are used. Just the kind of treatment old persons should have.

Dr. Edwards' Olive Tablets are a vegetable compound mixed with olive oil; you will know them by their olive color. Take one or two occasionally and have no trouble with your liver, bowels or stomach. 10c and 25c per box. All druggists.

The Olive Tablet Company, Columbus, O.—Advertisement.

BOX ELDER COUNTY NEWS

Brigham City, April 8.—One of the most interesting displays of art ever shown in this city is an exhibition in the rooms of the Boxelder Commercial club. It is the first annual exhibit of the Brigham Art association and is promoted by Shirley Horsley. The show will be on until Saturday night and many people of the city are visiting the clubrooms daily to view the various works of art produced by Brigham artists. Following is a complete list of the exhibitors and the work they are exhibiting and the name and finish of each piece.

Lucius Johnson—Two landscapes, oil; two watercolors, oil; Paradise creek, oil.

Orville Larsen—"The Closed Season," oil; "Romeo and Juliet," oil; "Lars Mortensen," "Eve," "Homo," (copy); Joseph Smith (copy); landscape, photo, charcoal; deer head, ink; "Mutt," ink; "Jeff," ink; photo, charcoal; dancing girl (copy), oil; plate of cartoons and posters.

Hyrum Jones—"Still Life," oil; cat, ink sketch (copy); landscape, oil; horses, water color, "Salome" (copy), oil; two portraits of girl (copy), oil; donkey, oil; Indian, oil; two landscape, (copy), oil; "Lady in Purple Cape," oil; "Mignon" (copy), oil; boy and dog, oil; portrait, ink; "Mignon," unfinished copy, fifteen-minute sketch.

LeRoy Hadley—Two landscapes (copy), pastels; deer (copy), pastel; Mrs. William Hadley—Horses (copy), pastel; two landscapes (copy), pastels; grapes, pastel; "Still Life," pastel.

Miss Rozella Compton—Coast scene, water color; two roses, pastels; a marine, water color; "Autumn," water color; Willard mountains, pastel; Swiss scene (copy), pastel; horse (copy), pastel; dog (copy), pastel; fruit (copy), pastel; coast of Wales (copy), pastel; Elbert peaches, pastel; "Winter," water color; "Moonlight," water color; Brigham canyon, pastel; Swiss Alps (copy), pastel.

Jennie Compton—Two landscapes, pastels.

Eddie Rogers—Landscape, pastel.

Elsie Christensen—Landscape, pastel.

Leota Jensen—Landscape, pastel.

Eva Hartmann—Winter scene, pastel.

Mrs. A. M. Merrill—Two landscapes, pastels.

Miss Ruth Hartis—Two landscapes, water color; pansies, water color; football player, water color; cherries, water color.

Following are the china paintings: Miss Luella Knudson—Hanging vase, stein, jardiniere, two bowls, six plates, child's mug, tea set, violet bowl, vase and stein.

Miss Verabel Call—Two vases, tankard, dresser set, chocolate set.

Miss Amber Hamson—Lemonade jug, stein, nut bowl, coffee set.

Miss Irma Knudson—Jardiniere, plate, coffee set, pitcher, cup and saucer, salt and pepper.

Miss Mattie West—Hanging jardiniere, dresser set, four plates, sugar and creamer.

Mrs. J. D. Call—Donkey, pastel.

Leroy Jorgensen—Landscape, water color.

Miss Poulson—Landscape, water color.

Mrs. W. Lenzi McAllister—A variety of articles.

PREPARE FOR GRADUATION.

Brigham City, April 8.—The Boxelder high school graduating class of 1915 will number at least forty-eight students who are sure to receive certificates from the institution, completing four years of high school work, and there are seven students on the doubtful list, some of whom still have a chance of winning graduation before the close of the high school. The candidates for graduation are as follows:

Albert Anderson, Marie Barker, Clara Brown, Henrietta Bott, Mabel Christensen, Sarah Christensen, Hyrum Christensen, Emile Christensen, Arthur Gibbs, Marg Clark, George Cook, Flora Hansen, Nadine Dunn, Ethleen Forsgren, Sophrona Hadley, Harvey Hansen, Leona Holmgren, Ida Jensen, Julie Hubbard, Joie Jensen, Mabel Jones, Harold Johansen, Bennie Knudson, Mary Korth, Ruby Kottler, Anna Larsen, Leora Larsen, Olive Lee, Layton Mason, Alda Neeley, Ezra Nebeker, Leslie Olsen, Raymond Olsen, Owen A. Owens, Franklin Petersen, Olea

Poulson, Florence Richards, LeRue Sager, John Siggard, David Stander, Lovejoy Stratford, Chester Taylor, Orvil Wallace, Rula Ward, Chauncey West, Zilla Wright and Ethel Stander. The seven candidates for graduation who are yet doubtful and who still have a chance to win are Drucilla Keller, Matthew Compton, Oscar Holmgren, Clifford Dalby, Veda Hawks, Earl Barnard and Rees Davis. The commencement exercises for the high school graduates will be held this year on Friday evening, May 28.

COMMISSION TO AID THE BUSINESS MEN

Chicago, April 8.—If the United States is to continue its present forms of legislation there must be decided a system by which citizens shall be informed of the existence and nature of the laws, according to Senator James Hamilton Lewis of Illinois, who spoke tonight at a banquet given by the Illinois Manufacturers' association in honor of Edward N. Hurley, vice chairman of the federal trade commission.

"A thousand laws were made in the last sessions of congress," Senator Lewis said. "I propound the questions: Which of you know any of these laws accurately? How many of you know that the laws exist at all? How few of you are cognizant when you disobey those laws? Which of you know what laws penalize you for disobedience and what penalties you incur? Let me answer: Not 1 per cent of the merchants or manufacturers of this country have this knowledge or information."

"The president created this body of federal trade commission in order that there might be an agency to which the business men might appeal for information and direction as to all matters touching large trade relations and being advised could avoid the complication growing out of innocent violation of the law."

Edward N. Hurley told the banqueters that if, at the end of his term as a member of the commission his service had been marked by faithful effort and courage of conviction, he would have achieved his ambition. Mr. Hurley resigned the presidency of the Illinois Manufacturers' association and of several business houses in order to accept the vice chairmanship of the trade commission.

HOW TO PREVENT ACID STOMACHS

And Food Fermentation

By a Stomach Specialist

As a specialist who has spent many years in study and treatment of stomach troubles, I have been forced to the conclusion that most people who suffer from indigestion and acid stomachs that are absolutely healthy and normal. The real trouble, that which causes all the pain and difficulty, is excess of acid in the stomach, aggravated by food fermentation. Hyperacidity irritates the delicate lining of the stomach, and food fermentation causes wind which distends the stomach abnormally causing that full bloated feeling. Thus acid and fermentation interfere with and retard the process of digestion. The stomach is usually healthy and normal, but it is almost lost endurance by these foreign elements—acid and wind. In all such cases—and they comprise over 90 per cent of all stomach difficulties—the first and only step necessary is to neutralize the acid and the fermentation by taking in a little warm or cold water immediately after eating, from one to two teaspoonfuls of saturated magnesia, which is doubtless the best and only really effective antacid and food corrective known. The acid will be neutralized and the fermentation stop almost instantly, and your stomach will at once proceed to digest the food in a healthy, normal manner. Be sure to get your drugstore for the saturated magnesia, as I have found other forms utterly lacking in its peculiarly valuable properties. J. J. G. Advertisement.

INDIANS MUST GO TO RESERVATION

Salt Lake, April 8.—The first four Indians brought from San Juan county in connection with the campaign against Hatch were released from the county jail yesterday and are waiting to go to the Ute Mountain reservation in southeastern Colorado.

The Mexican who was taken with these Indians is still being held in the county jail. It is understood that he is suspected of being a certain Bruno Leguia, who was wanted in Apache county, Arizona, for the murder of a mulatto by the name of Thomas Osborne. He will be held pending word from the sheriff of Apache county.

The Indians, who were given their freedom yesterday and are now waiting to accompany Agent Jenkins back to the reservation are Jack Ute, John Nolan, Joe Hammond and Jack Rabbit Soldier. They have promised to remain on the reservation with their wives and children and give no more trouble by breaking over the restrictions of reservation life. The release of the four followed a conference yesterday of Marshal Aquila Nebeker, David S. Cook, assistant United States district attorney, J. E. Jenkins, agent at the Ute Mountain reservation, and L. D. Creel, special agent for scattered bands of Indians in Utah. The decision to liberate the Indians was concurred in by United States District Attorney W. W. Ray.

The fate of the Indians last brought from San Juan county, including Polk and Posey, is yet to be determined. Further conference on their case will probably be held today.

\$2000 FIRE LOSS.

Provo, April 8.—A fire in the store of Sam Kopp on West Center street last night resulted in damage to the building and the destruction by fire, smoke and water of the entire stock of goods. The loss is estimated at about \$2000, on which there is a small amount of insurance. The fire was discovered a little after 1 o'clock by A. O. Smoot, who notified the fire department. The response was prompt, but work was delayed by the blowing out of the hydrant, corner of Fourth West and Center streets, while connections were being attempted. The building is a frame, sheet-iron covered structure, and the wood in the back part of the building, where the fire started, is so badly damaged that it will have to be replaced. The merchandise, consisting of groceries, candies, etc., is practically all destroyed, either by the fire or smoke. The fire apparently started near the stove in the back room, whether from fire from the stove or from defective

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Arrange with him for a regular supply. Thus he can always deliver Cottolene to you—pure, sweet and clean from original sources to finished product.

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THE N. K. FAIRBANK COMPANY



"Cottolene makes good cooking better"

GERMAN ALLIES HOLD RUSSIAN TERRITORY

Berlin, April 8, by wireless to Sayville.—The German and the Austro-Hungarian armies are now in possession of 53,010 square kilometers of Russian territory with a total population of 5,000,000 people (this territory is equal to about 33,000 square miles).

The American embassy in Berlin has communicated to the government that Lieutenant Von Schraetadt and Lieutenant Count Strachwitz, German prisoners in the hands of the French, are not to be treated as criminals by their captors but as prisoners of war. The German press has been asking that reprisals be adopted against the treatment of these officers.

An overseas communication of ten days ago said these two German officers had been sentenced to deportation by the French for alleged pillaging. It would appear from the foregoing that the matter of their treatment was taken up by the American ambassador at London at the request of the German authorities.

S. P. FILES AN AMENDED PETITION

Washington, April 8.—The Southern Pacific railroad today filed with the interstate commerce commission an amendment to its petition asking that it be allowed to retain control of the Pacific Mail Steamship company despite the prohibition against railroad ownership of steamships in the Panama canal act.

The amendment was suggested by the commission in its recent report and designed to make it certain in the record that the Southern Pacific would not operate its ships through the Panama canal. Although no order was issued today by the commission it was believed that this action assures retention of control of the Pacific Mail by the Southern Pacific.

INVESTIGATING THE LA TOURAINE FIRE

Bordeaux, April 8, 12:40 p. m.—The chief of police of Bordeaux today began an inquiry on board the steamer La Touraine into the causes of fire which broke out on this vessel last month while on her way from New York to Havre. The testimony of officers and members of the crew of the liner was taken. No decision yet has been reached and the inquiry will be continued.

It is on the charge that he was implicated in setting fire to La Touraine that Raymond Swoboda, said to be an American citizen, is now held in custody in France.

JAP CRUISER CAN NOT BE SALVAGED

San Francisco, April 8.—The Japanese cruiser Asama, wrecked on the Lower California coast cannot be salvaged, according to officers of the tug Sea Rover which went to try it. The Sea Rover returned here today.

THREE HURT IN RUNAWAY.

Rockland, Ida., April 8.—Miss Vieve Simms, daughter of the late "Buck" Simms, lies seriously injured at her home in Rockland as a result of a runaway accident Tuesday afternoon while driving to the country. A small boy was driving the carriage, in which Miss Simms and her mother were going to Landing, when the horses became frightened and ran away, throwing the whole party to the ground.

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ground. Two passing automobiles picked them up and brought them into town, where they received medical aid. Mrs. Simms and the boy were only slightly injured, but the young lady has serious symptoms of an internal injury.

DEAD MAN FOUND IN SHOPS.

Pocatello, Ida., April 8.—An unknown man was found dead yesterday morning in the railroad shops at Shoshone. A large hole in the forehead was the direct cause of death. When discovered the man was lying face downward, a bottle containing some whiskey at his side. It is thought that he was drunk and was hit by a train or perhaps had fallen off a train. No papers or marks of identification were found upon the deceased. A coroner's inquest is being held.

EDDY FINDS PLACER GOLD.

Pocatello, Ida., April 9.—Word from Challis states that Clarence Eddy, poet and prospector, a conspicuous figure in mining camps in the west for a number of years, and who discovered the famous Lost Packer mine, has discovered a rich placer deposit near Challis. The gold is coarse and yellow and will be washed out with a hydraulic gun. The Central Idaho Mining company has been organized to work this deposit, which is nearly 12,000 feet long, near Bonanza. There seems to be general activity in the mines in the Challis district. The General Custer and Lucky Boy mines are under bond to a Colorado syndicate. The Custer ledge years ago produced over \$100,000 at the surface and the new company is endeavoring to strike the ledge by a tunnel at the foot of the Custer mountain.

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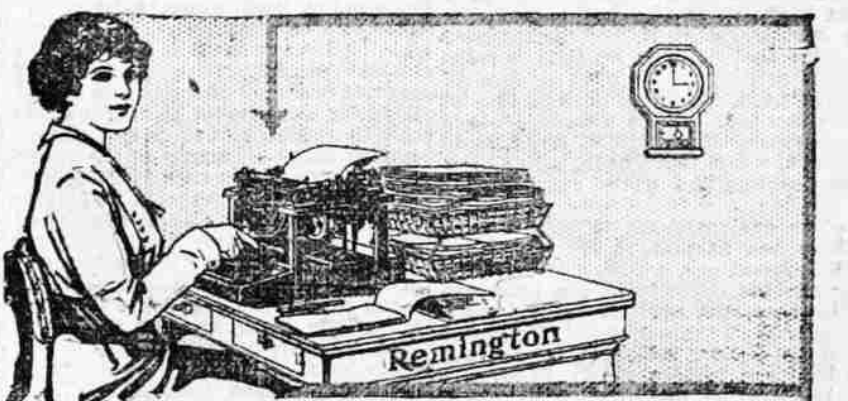
LEAGUE WARNS AGAINST PETITION.

Provo, April 8.—The following warning against signing the petition for a liquor election to be held in June has been issued by the Provo Betterment league:

"In view of the fact that certain persons are using the name of the Betterment league to obtain signatures for a liquor election, it seems necessary to warn the public against all such representations.

"All citizens desiring to see Provo continue to improve, and who do not want to see the saloons open again here, should refuse to sign any petition for a liquor election.

"Now that we have a law prohibiting the shipping of liquor to 'dry' places, we can more easily and effectively enforce prohibition."



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